

# *Spread the Word About* **Mammograms**

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NATIONAL INSTITUTES OF HEALTH

National Cancer Institute

# **Why should I have a mammogram?**

A mammogram can find breast cancer that is too small for you, your doctor, or nurse to feel. Tests show that if you are age 50 or over, getting a mammogram every 1 to 2 years could help save your life.

## **What is a mammogram?**

A mammogram is an x-ray picture of the breast.

## **How do I know if I need a mammogram?**

If you are age 50 or over, it is very important to get a mammogram every 1 to 2 years.

## **How often should I get a mammogram?**

Cancer can show up at any time—so one mammogram is not enough. It is important to return for mammograms every 1 to 2 years.

**If you find a lump or see other changes in your breast, see your doctor right away.**

# How is a mammogram done?

You will stand in front of a machine. The person who takes the x-rays will place your breast between two plastic plates.

The plates will press your breast and make it flat. This may be uncomfortable for a few seconds, but it helps to get a clear picture.

You will have x-rays taken of one breast at a time. It takes only a few seconds to have a breast x-ray.



**If you are age 50 or over, make an appointment for a mammogram today. A mammogram could help save your life.**

# Where can I get a mammogram?

To find out where you can get a mammogram:

- ▶ Ask your doctor or nurse.
- ▶ Ask your local health department or clinic.
- ▶ Call the National Cancer Institute's Cancer Information Service at **1-800-4-CANCER** (1-800-422-6237).



To learn more about mammograms, call the National Cancer Institute's Cancer Information Service at **1-800-4-CANCER** (1-800-422-6237).

Persons with TTY equipment, dial **1-800-332-8615**.

NATIONAL  
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